

# May/June 2009



## Hoodland's Mountain Maturity!

A new adventure is just around the corner!



Hoodland Senior Center (non profit 501 c3, #93-1094463)  
PO Box 508  
Welches, OR 97067  
25400 E. Salmon River Rd.  
(503) 622-3331  
Email: [hoodlandseniors@verizon.net](mailto:hoodlandseniors@verizon.net)  
Open Monday–Thursday  
9-4 p.m.

## May Trips



**May 15th, Friday: Opening night for Sandy Actors Theatre. Presenting "Dirty Work at the Crossroads."** A classic melodrama/musical that has withstood the test of time. Twists and turns in the plot that will have you on the edge of your seat. Peals of laughter and highly talented singers will give you an evening of delightful entertainment. Leave center at 5:30 pm. **Dinner and the play.** Transportation and entry fee is \$13.00. Dinner on your own at local restaurant in Sandy. Sign-up begins April 30th.



**May 19th, Tuesday, Portland Art Museum presents: Gifts of Honor: Beaded Bags from the Columbia River Plateau.** 38 works from the late 19th through the first half of the 20th centuries. Preferences for bead colors, techniques, and designs are the markers of each individual artist, reflect and record the indigenous landscape and the radically changing place of the Plateau people. Today, as in the past, it is an honor to create beadwork. Beaded bags continue to be given as gifts to commemorate major life events and are proudly worn and displayed on special occasions. Lunch on your own at a nearby restaurant. Transportation \$5. Entrance fee \$9.00. Sign-up begins April 30th.

**May 26th, Tuesday : Spirit Mountain Casino in Grande Ronde.** Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the Casino. Leave center at 8:30 a.m. Return about 5:00 pm. Transportation is \$9.00. Sign-up begins April 30th.



## June Trips

**June 2, Tuesday: Crystal Springs Rhododendron Garden.** Originally developed as a display and test garden, today the garden is comprised of 9.49 acres. The garden is a year around place of great beauty. The more than 2,500 rhododendrons, azaleas, and companion plants provide a magnificent display of color, giving visitors the opportunity to view many varieties rarely seen in the Pacific Northwest. Spring-fed Crystal Springs Lake surrounds much of the garden, attracting many species of birds and waterfowl. The garden is senior friendly with disabled access restrooms, fountain, and both paved and unpaved paths. Transportation is \$6. Lunch on your own at a near-by restaurant. Leave at 10:am. Bring a snack as there will be a late lunch on your own. Sign-up begins May 4th

**June 12th, Friday: Last weekend for "Dirty Work at the Crossroads."** Presented by the Sandy Actor's Theatre. A classic melodrama/musical that has withstood the test of time. Twists and turns in the plot that will have you on the edge of your seat. Peals of laughter and highly talented singers will give you an evening of delightful entertainment. Leave center at 7:00 pm. Transportation and entry fee is \$13.00. **Just the play, no dinner.** Sign-up begins May 28th.



**June 24th, Wednesday: Spirit Mountain Casino in Grande Ronde.** Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the Casino. Leave center at 8:30 a.m. Return about 5 pm. Transportation is \$9.00. Sign-up begins May 28th.

**Registration for trips** begins the first working day of the month unless otherwise stated in trip description. Sign up yourself and one other person. You may call our office to be placed on the interested list, your seat is reserved when fees are collected. No refunds will be made for cancellations made less than 48 hours (two working days) before trip, unless the trip is canceled by the Center. Check in 10 minutes before departure time. These trips are for Seniors over age 60. Under 60 may go on trips if seats are available on the Bus.

# Activities

## **Jean Bennett-Sabel: Stamping Class: May 12th and June 9th**

9:30-11:30 a.m. Bring scissors, stamps and imagination. A few dollars for supplies; experience is not necessary. A fun way to end up with some beautiful results and socialize with friends. Stop by and see for yourself. Call (503) 622-3331 to reserve your space.



## **Jean Bennett-Sabel: Water Color Class: June 23rd only**

9:00 -11:30 a.m. All the supplies that you need are provided. Please bring \$3:00 for each class and your desire to paint! No experience is needed. Call senior center at (503) 622-3331 to sign up. Seating is limited.

## TOPS

TOPS is a non-profit, non-commercial weight loss support organization; its two-fold objective is to encourage healthy lifestyles through weight loss support groups and to sponsor obesity research. While it is non-profit there is an annual fee schedule of \$24.00 for a one-year membership which includes 10 issues of TOPS News, which is mailed directly to the member's home. There is also a \$1.00 per attendance fee.

Club meetings emphasize nutrition and exercise education focused on a member's effort to manage their weight. We meet every Wednesday in the Dorman Room at the Senior Center at 10:00 a.m. For additional information and questions please contact Donna at 503-668-0901



## **Line Dancing:**

Mt. Hood Village. Each Tuesday and Thursday at 10:00 a.m. in the main lodge. Everyone

**Sue Allen Zig Zag Yoga-- at Evergreen Plaza suite 102** on Welches Road next to Welches Post Office.

**Wednesday mornings 9:00-10:15 a.m.** \$10 drop in. Sign up for three classes for \$25:00. We gently cover: breathing, stretching, balance, strength, stillness, and more. Come with an empty stomach and clothes you can move in. Questions? call Sue at (503) 622-3611.



**Jeri Gallagher: Fabric painting class,  
Third Monday, 1:00–3:30 p.m.**  
Bring your item to paint.



## **May 9th Music at McLundy's**

*Homegrown Music Promoters  
Suzan Lundy and Ray McAneny*

### **The Green Room**

64235 E Brightwood Loop Rd  
Brightwood, OR 97011

7pm Brian Oberlin in Concert, fabulous mandolin and guitar entertainment. With a large variety of musical style, including swing, classical and bluegrass, there is something for everyone. Expected donation of \$10

Reservations: [mclundy2008@verizon.net](mailto:mclundy2008@verizon.net) or 503-349-1986

**June 6th** concert to be announced-check back soon!

The Dorman Room is available upon request for classes, cards, meeting and activities for the community.

## Diabetes Food Pyramid

The **Diabetes Food Pyramid** is another meal planning option that some people use. It is less popular compared to both carbohydrate counting and the plate method for diabetes management.

The Diabetes Food Pyramid divides food into six groups. These groups or sections on the pyramid vary in size. The largest group - grains, beans, and starchy vegetables - is on the bottom. This means that you should eat more servings of grains, beans, and starchy vegetables than of any of the other foods. The smallest group - fats, sweets, and alcohol - is at the top of the pyramid. This tells you to eat very few servings from these food groups.

The Diabetes Pyramid gives a range of servings. If you follow the minimum number of servings in each group, you would eat about 1600 calories and if you eat at the upper end of the range, it would be about 2800 calories. Most women, would eat at the lower end of the range and many men would eat in the middle to high end of the range if they are very active. The exact number of servings you need depends on your diabetes goals, calorie and nutrition needs, your lifestyle, and the foods you like to eat. Divide the number of servings you should eat among the meals and snacks you eat each day.

The Diabetes Food Pyramid is a little different than the **USDA Food Guide Pyramid** because it groups foods based on their carbohydrate and protein content instead of their classification as a food. To have about the same carbohydrate content in each serving, the portion sizes are a little different too. For example: you will find potatoes and other starchy vegetables in the grains, beans and starchy vegetables group instead of the vegetables group. Cheese is in the meat group instead of the milk group. A serving of pasta or rice is  $\frac{1}{3}$  cup in the Diabetes Food Pyramid and  $\frac{1}{2}$  cup in the USDA pyramid. Fruit juice is  $\frac{1}{2}$  cup in the Diabetes Food Pyramid and  $\frac{3}{4}$  cup in the USDA pyramid. This difference is to make the carbohydrates about the same in all the servings listed.

Following is a description of each group and the recommended range of servings of each group.

### Grains and Starches

At the base of the pyramid are bread, cereal, rice, and pasta. These foods contain mostly carbohydrates. The foods in this group are made mostly of grains, such as wheat, rye, and oats. Starchy vegetables like potatoes, peas, and corn also belong to this group, along with dry beans such as black eyed peas and pinto beans. Starchy vegetables and beans are in this group because they have about as much carbohydrate in one serving as a slice of bread. So, you should count them as carbohydrates for your meal plan.

Choose 6-11 servings per day. Remember, not many people would eat the maximum number of servings. Most people are toward the lower end of the range.

Serving sizes are:

- 1 slice of bread
- $\frac{1}{4}$  of a bagel (1 ounce)
- $\frac{1}{2}$  an English muffin or pita bread
- 1, 6 inch tortilla
- $\frac{3}{4}$  cup dry cereal
- $\frac{1}{2}$  cup cooked cereal
- $\frac{1}{2}$  cup potato, yam, peas, corn, or cooked beans
- 1 cup winter squash
- $\frac{1}{3}$  cup of rice or pasta

## Diabetes Food Pyramid continued

**Vegetables** are naturally low in fat and good choices to include often in your meals or have them as a low calorie snack. Vegetables are full of vitamins, minerals and fiber. This group includes spinach, chicory, sorrel, Swiss chard, broccoli, cabbage, bok choy, brussels sprouts, cauliflower, and kale, carrots, tomatoes, cucumbers, and lettuce. Starchy vegetables such as potatoes, corn, peas, and lima beans are counted in the starch and grain group for diabetes meal planning. Choose at least 3-5 servings per day.

A serving is: 1 cup raw; 1/2 cup cooked

**Fruit** The next layer of the pyramid is fruits, which also contain carbohydrates. They have plenty of vitamins, minerals, and fiber. This group includes blackberries, cantaloupe, strawberries, oranges, apples, bananas, peaches, pears, apricots, and grapes.

Choose 2-4 servings per day

A serving is:

½ cup canned fruit

1 small fresh fruit

2 tbs. dried fruit

1 cup of melon or raspberries

1 ¼ cup of whole strawberries

**Milk & Dairy** products contain a lot of protein and calcium as well as many other vitamins. Choose non-fat or low-fat dairy products for the great taste and nutrition without the saturated fat. Choose 2-3 servings per day

A serving is:

1 cup non-fat or low-fat milk

1 cup of yogurt

**Meat and Meat Substitutes:** The meat group includes beef, chicken, turkey, fish, eggs, tofu, dried beans, cheese, cottage cheese and peanut butter. Meat and meat substitutes are great sources of protein and many vitamins and minerals.

Choose from lean meats, poultry and fish and cut all the visible fat off meat. Keep your portion sizes small. Three ounces is about the size of a deck of cards. You only need 4-6 ounces for the whole day. Choose 4-6 oz per day divided between meals

Equal to 1 oz of meat:

¼ cup cottage cheese

1 egg

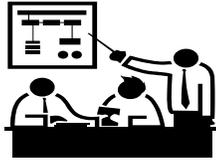
1 Tbsp peanut butter

½ cup tofu

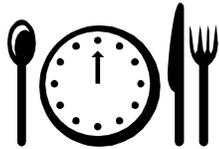
**Fats, Sweets, and Alcohol:** Things like potato chips, candy, cookies, cakes, crackers, and fried foods contain a lot of fat or sugar. They aren't as nutritious as vegetables or grains. Keep your servings small and save them for a special treat. Serving sizes include:

- ½ cup ice cream
- 1 small cupcake or muffin
- 2 small cookies

# May



**B**oard Meeting: Monday, May 11th, at 11:00 a.m. at the center. Everyone welcome.



**C**ongregate Lunch: 1:00 p.m., Monday, Wildwood Café; Thursday, Barlow Trail (formerly The Territory). No reservations necessary. Suggested donation is \$5.00 for each meal. Please note! We can accommodate dietary needs prescribed by doctors' orders! We can not accommodate dislikes. Advance notice, please.



**F**oot Clinic: Thursday May 14th Bring a towel and \$13.00. Clip, file and 10 minute foot massage for \$20.00. Call for appointment, (503) 622-3331.



**H**earing Clinic: Thursday, May 14th, from 2:00-4:00 p.m., to check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the Hoodland Senior Center (503) 622-3331.



**L**egal Assistance: Thursday, May 14th Volunteer attorney is available for free 30 minute appointment offering legal assistance in areas such as estate planning, wills, consumer complaints, etc. Call Sandy Senior Center for appointment at (503) 668-5569.

**Let us do the driving!**

**S**hop Sandy area stores on Wednesday, May 6th and May 20th. Please call no later than the day before. Transportation \$2.00. Driver can assist with parcels. We need 5 people to make a trip. We will start picking up riders at 10:00 a.m. Make your hair appointment, manicure appointments in the morning. We will make every attempt to combine all your appointments.



**W**ednesday, May 20th we are celebrating birthdays: Dinner on your own at 4:00 p.m. at the Zigzag Inn. If you would like a ride, please give us a call at (503) 622-3331. Don't like driving call for a ride.

**"When living the question, Life has a way of moving you into the answer". Deepak Chopra**

# May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 1pm:Lunch Wildwood Cafe	5 10am:Line Dance	6 9am:Yoga 10am:Shop 10am:Tops	7 10am:LineDance 1pm: Lunch Barlow Trail	8	9 7pm: Music at McLundy's Brightwood
10	11 11am: Board Mtg. 1pm:Lunch Wildwood Cafe	12 9:30:Stamp Class 10am: Line Dance	13 9am:Yoga 10am:Tops	14 9:30:Foot clinic 10am:LineDance 1pm: Lunch Barlow Trail 2pm:Hearing clinic	15 Trip: Sandy Actors Theatre 5:30	16
17	18 1pm:Lunch Wildwood Café 1pm: Fabric paint class	19 10am: Line Dance 10am:Tripto Portland Art Museum	20 9am:Yoga 10am: Shop 10am:Tops 4pm:Dinner ZigZag Inn	21 10am:LineDance 1pm: Lunch Barlow Trail	22	23
24	25 Memorial Day Closed today	26 8:30:Spirit Mountain 10am: Line Dance	27 9am:Yoga 10am:Tops	28 10am:LineDance 1pm: Lunch Barlow Trail	29	30

## SERVICES—HOODLAND SENIOR CENTER

**BLOOD PRESSURE CHECK:** If you are keeping a close watch on your blood pressure, the Hoodland Fire Department will check it for you during working hours from 8 to 5, seven days a week. No appointment necessary. Or, visit

Clackamas County Bank during bank hours to use the Blood Pressure machine provided by the Mt. Hood Lions.

**EQUIPMENT LOAN PROGRAM:** We have walkers, crutches, wheelchairs and commodes, all at a very affordable rental fee or loan basis.

**INFORMATION AND REFERRAL (I&R):** Locating and contacting appropriate services to meet the needs of people in our community. Areas include: homemaking, nutrition, home maintenance, health care, legal socialization and financial counseling.

**EYE GLASSES:** We are a collection site for used glasses and hearing aids for Mt. Hood Lions Club.

**FOOT CARE:** Each month on the second Thursday, an LPN will provide foot care at the Hoodland Senior Center. Call the Center for an appointment, which begin at 9:30 a.m. Please bring a towel and \$13.00 for the service. Deluxe foot massages are also provided which include nail trimming, filing, and acupressure massage with oil or lotion \$20.00.

**HEARING CLINIC;** Second Thursday of the month at our center 2-4p.m.

**LEGAL SERVICES:** Free one half hour legal service for seniors (60 or older). Program provided by local attorney by appointment on second Thursday of each month. Call Sandy Senior Center for appointment at (503) 668-5569.



**NUTRITION:** We depend on your donation to support the meal program. Please donate what you can toward the cost of each meal, if you are 60 or older. If under 60, please pay \$7.

**Home delivered meals** are available Monday through Friday. Hot, well-balanced noon meal is delivered by volunteers to older adults to improve nutrition for folks who cannot regularly shop or cook for themselves. Suggest donation \$5.

**Congregate lunches:** We meet at Wildwood Café each Monday, and at The Barlow Trail each Thursday at 1p.m. For guideline, suggested donation is \$5.

**TELEPHONE REASSURANCE:** Would you like a telephone friend? Volunteer is available to call you for a daily check-in or just to visit as you desire.

**OUTREACH:** Center staff will visit elderly residents to coordinate in-home service to maximize independent living in a healthy and safe environment.

**SENIOR HEALTH INSURANCE BENEFITS ASSISTANCE PROGRAM (SHIBA).** Sponsored by Clackamas County Social Services, volunteers trained to give you unbiased professional information with many of your insurance concerns. For assistance or information, call your Center or local SHIBA Office at (503) 655-8427.

**TRANSPORTATION:** A driver is available for grocery shopping and congregating lunch. Call Center for scheduling. Volunteers use their private vehicles to provide rides for personal needs and appointments in Portland or Gresham. Door to door transport and lift van is available at the Senior Center. We prefer at least four working days prior to your appointment to give us time to schedule your request. **Suggested donation is what you can afford towards the cost of each ride.**

# May

# June

Anita Peterson 5th  
 Bev Wisher 5th  
 Carolyn Adams 7th  
 Lora Buckley 9th  
 Anna David 10th  
 Marjorie Burgess 11th  
 Pat Ranta 12th  
 Warren Ranta 16th  
 Patty Youell 16th  
 Richard Waterhouse 19th  
 Joy Martin 25th  
 Diane Stanton 25th  
 Mary Ann Coyle 25th  
 Nancy Dougherty 27th  
 Beverly Hoffmeistem 29th  
 Matt Ligatich 29th  
 Herb Miller 30th

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Pat Morgan 2nd  
 Robert Gambell 5th  
 Alice Norseen 9th  
 Blythe Nordbye 11th  
 Ben Notmeijer 11th  
 Joyce Payne 17th  
 Dorothy Dancy 18th  
 Lilli Sawyer 21st  
 Gordon Marshall 24th  
 Martha Mandel 24th  
 Bev Wence 26th  
 Tommie Kirkendall 29th  
 Ann Holbrook 29th

Birthstone: Moonstone  
 Flower: Pearl or  
 Rose

Birthstone: Emerald  
 Flower: Lily of the Valley

### Subway Sandwich Drawing for you and a Friend

Birthdays folks make sure to put your name in the box for the drawing at congregate dining on Mondays and Thursdays

**A firefighter was working on the engine outside the station, when he noticed a little girl nearby in a little red wagon with little ladders hung off the sides, and a garden hose tightly coiled in the middle. The girl was wearing a firefighters helmet. The wagon was being pulled by her dog and her cat. The firefighter walked over to take a closer look. 'That sure is a nice fire truck,' the firefighter said with admiration. 'Thanks,' the girl replied. The firefighter looked a little closer.**

The fireman noticed the girl had tied the wagon to her dog's collar and to the cat's testicles...

'Little partner,' the firefighter said, 'I don't want to tell you how to run your rig, but if you were to tie that rope around the cat's collar, I think you could go faster.'

The little girl replied thoughtfully, 'You're probably right, but then I wouldn't have a siren.'

### Board of Directors

Judith Norval  
Chair

Bob Reeves  
Vice Chair

Muriel Bartz  
Secretary

Kathy Olds  
Treasurer

Karen Reeves  
Lora Buckley  
Pat Buckley

Members  
Emeritus  
Althea Dorman  
Bob Dorman

### Office Staff

Jeri McMahan  
Center Director

Lilli Sawyer  
Receptionist

# June

**B**oard Meeting: Monday, June 8th  
11:00 a.m. Dorman Room.  
Everyone welcome.

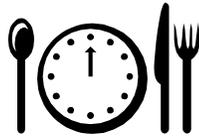


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Thursday, June



11th. Volunteer attorney is available for free 30 minute appointment offering legal assistance in areas such as estate planning, wills, consumer complaints, etc. Call Sandy Senior Center for appointment, (503) 668-5569.

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Territory). No reservations necessary.  
Suggested donation is \$5.00 for each  
meal. Please note! We can accommo-  
date dietary needs prescribed by doctors'  
orders! We can not accommodate dis-  
likes. Advance  
notice please.



**S**hop Sandy area stores, Wednesday,  
June 3rd and June 17th. Transporta-  
tion \$2:00. Driver can assist with parcels.  
Please call no later than the day before. We  
need 5 people to make a trip. We will start  
picking up riders at 10a.m. Make your hair ap-  
pointment, manicure appointments in the  
morning, we will make every attempt to com-  
bine all your  
appointments.

Let us do the driving!

**F**oot Clinic:  
Thursday June 11th Bring a  
towel and \$13.00 or \$20.00 for a clip, file  
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2:00-4:00 p.m., to check hearing,  
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Appointments must be scheduled at  
Hoodland Senior Center, (503) 622-3331.



"True friends are the ones who never  
leave your heart, even if they leave  
your life for awhile. Even after years  
apart, you pick up with them right  
where you left off, and even if they  
die they're never dead in your heart."

Anonymous

# June 2009

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	1 1pm:Lunch Wildwood Cafe	2 10am: Line Dance 10am: Trip to Crystal Springs Rhododendron Garden	3 9am:Yoga 10am: Shop 10am: Tops	4 10am: Line Dance 1pm:Lunch Barlow Trail	5	6 7pm: Music at McLundy's Brightwood
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28	29 1pm:Lunch Wildwood Cafe	30 10am: Line Dance				

Hoodland Senior Center  
25400 E Salmon River Rd.  
PO Box 508  
Welches, Or 97067



Non Profit Organization  
U.S. Postage Paid  
Welches, Oregon  
Permit 32

Phone: 503-622-3331  
Fax 503-622-3331  
Email: hoodlandseniors@verizon.net  
Www.mthood.org/senior center

Return Service Requested

**NEWSLETTER**

Our center is a non-profit 501c (3) charitable organization. Our mission is to support and promote activities and services in the community.

**If you have not sent in your \$5 Please remember!!**  
We are asking you to submit \$5 each year to off set our printing costs.  
**Bring or mail your \$5 to the center if you have not done so this year.**

Hoodland Senior Center, PO Box 508, Welches, Or 97067

Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zipcode \_\_\_\_\_

Thank you for your support!!!